

79TH ORDNANCE BATTALION (EOD)
 COMMAND INSPECTION CHECKLIST
 WEIGHT CONTROL
 (Revised 25 Aug 00)

UNIT: _____ SECTION INSPECTED: _____

DATE: _____ INSPECTED BY: _____

GO NO-GO

1. Does unit have the following:

a. LOI 600-1 dtd 17 JUN 99 ___

b. AR 600-9, dtd 1 SEP 86 ___

2. Does unit have a Weight Control
 SOP/Policy? **
LOI 600-1

3. Are all personnel weighed when
 they take the APFT or at least every
 6 months? **
AR 600-9, Para 20a

4. Is the weigh in conducted properly? **
AR 600-9, para 21a, Appendix B

a. Are soldiers weighed/taped properly?

b. Are body composition worksheets filled out correctly?

5. Are there any soldiers in the Weight
 Control Program, and if so, are the
 required/appropriate administrative
 actions taken? **
AR 600-9, para 20a, 20b, 21e, 21k, 21m,
21n, B-2, B-6, table 1, APP B-3/4/5,
LOI 600-1

a. Counseling

b. Flagged/SIDPERS AAC-C95

c. Referral to health care
 professional/nutritionist

d. Individual Exercise program

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e. Monthly weigh-in

f. Process for separation

6. Were all deficiencies corrected from the
last inspection?**

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OVERALL RATING: COMMENDABLE SATISFACTORY UNSATISFACTORY

** Denotes critical area - a NOGO in any one or more of these
areas results in an overall unsatisfactory rating.

COMMENTS:
